

## KEVIN SPACEY RULES IN 'RICHARD III' {page 16}

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NEW YORK

Monday, January 30, 2012



KEVIN C. DOWNS/METRO

## Parade. New Year



► Children in dragon headgear were part of the thousands of revelers in Chinatown yesterday.

The Lunar New Year came in with a roar. New York's Asian-American community welcomed the holiday with a colorful parade yesterday through Chinatown. It's the Year of the Dragon, which is considered to be the most auspicious and powerful creature in the Chinese zodiac calendar. Thousands turned out for the floats, dancing and festivities. ● METRO

# In Central Park, felony crimes spike 50 percent

► New report shows sharp increase in assaults, thefts from 2009 to 2010 ► Summer of 2011 saw the most crime across all city parks since 2008 {page 08}

## Metropolitik

## Battle raging for the hearts, minds of GOP

► In one corner, Mitt Romney and Co. ► In the other, Newt Gingrich and his Tea Party allies — Palin, Cain {page 11}

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## In the news

## Woman escapes from Brooklyn police precinct

A 23-year-old woman sneaked out of an NYPD precinct in East New York on Saturday night after she was arrested. According to a report in the New York Post, the woman somehow got away from the station house at around 10 p.m. Police sources would not tell the newspaper what she was in jail for, or how she left the station, but they did say she was not in handcuffs when she slipped out.

METRO/AB

## In the news



## Actor suicide

Soap opera actor Nick Santino, who performed on "All My Children" and "Guiding Light," committed suicide after he put his pit bull to sleep, according to the New York Post. The dog was put down after Santino's condo board at One Lincoln Plaza told him they did not want it in the building. METRO/AB

# Some eateries serving up the flu with lunch

More than half of food industry workers don't have paid sick leave, report finds That means you may be served by someone who is ill, says advocate Some pushing bill that gives all New Yorkers paid sick days

Would you like a side of germs with that burger?

A new study published today by the Community Service Society, an advocacy group that fights against economic disparity, reveals a startling statistic: More than half the people who prepare, handle or serve food in New York City do not have any paid sick leave. And that means your waiter could make you sick.

Nancy Rankin, the head researcher of the study, warned that when restaurant workers are denied paid sick leave, they are forced to work with runny noses, nasty coughs and high fevers.

"They're spreading germs to all the people eating in the restaurant," said Rankin. "It's hard to swallow."

Rankin said many restaurant workers fear they will be fired if they miss a shift, so they work while they're ill, or even contagious.

Barbara Sibley, who owns the East Village Mexican restaurant La Palapa, said she often has to turn away her employees who come in sick.

"We have to send them home. They need to take care of themselves," she said.

Sibley, 49, is one of the few restaurant owners in the city who offers her 30 employees

## Waiting for health care

A career waitress who wished to remain anonymous told Metro she goes to the doctor so rarely, her appendix burst while she was serving customers once. "I try to go to doctors once a year, in Mexico, where I can afford it," she said. Her dentist, dermatologist and physician are all across the border in a town where she vacations annually. "In the restaurant business, you just try not to get sick," she said.

health care and paid sick leave.

"I just think it should be a right," Sibley said. "People get sick and they should be able to get well."

And it's not just restaurant workers who are affected by the lack of paid sick leave. The survey estimated that nearly 1.6 million New Yorkers don't have any paid sick days. Upper West Side Councilwoman Gale Brewer is pushing forward legislation that would require all New York City businesses to offer their employees paid sick time.

## Convincing the City Council

City Council Speaker Christine Quinn shot down Councilwoman Gale Brewer's paid sick time legislation when it was first proposed in 2010 because of the presumed burden it would place on small-business owners.

"In the economic environment we are in, small businesses are hanging on by a thread," said Quinn. "Although this goal is laudable, it's not one I can support because (it will) ... cost us small businesses and their future in these tough economic times."

But Brewer said she has revised the bill to be more small-business friendly, exempting businesses with fewer than five employees and adding a one-year grace period for new businesses.

"I understand her concerns, but I believe in this case, the issue of public health outweighs them," said Brewer.

EMILY ANNE EPSTEIN  
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PHOTO ILLUSTRATION BY EMILY ANNE EPSTEIN/METRO



Many restaurant workers fear they will be fired if they miss work.

**"Most diners would be shocked that restaurants can't give their workers paid sick days."**

NANCY RANKIN, OF THE COMMUNITY SERVICE SOCIETY

**"I know someone who burnt their hand and they got fired while they were healing."**

BARBARA SIBLEY, OWNER OF LA PALAPA IN THE EAST VILLAGE

## ASPCA helps Brooklyn woman with 18 pit bulls

BROOKLYN. And you thought one pet was too much work. The ASPCA had to step in and help a woman in Brooklyn on Thursday who said her 18 pet dogs were out of control.

The dogs were fighting, the unnamed woman told the New York Daily News and the puppies seemed like too much to take care of, despite her love for dogs. The ASPCA

**18**The woman kept 18 pit bulls in her Brooklyn apartment, 13 adult dogs and five puppies that were born after Christmas.

came to her home Thursday, and the owner and agency agreed to place the puppies in new homes. METRO/AB



Puppies in her home

## Man steals car with 3-year-old child inside

BRONX. The NYPD is looking for a man who they say stole a car Saturday afternoon in the Bronx, with a 3-year-old boy inside. The child's mother, 45, told police she parked her green Honda Odyssey outside the flower shop she owns just after 1 p.m. on Jerome Avenue and got out.

As she walked around the car to the passenger side to

get her son, a man in his mid-50s jumped into the driver's seat and started to drive away.

The frantic woman tried to stop the car by jumping in front of it, but the thief hit her as he sped off, breaking her leg. Police canvassed the area; the car was found an hour later, abandoned. The boy, unharmed, was still in his car seat. METRO/CB



After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

# **“If you or a loved one are scheduled for knee surgery, READ THIS ARTICLE BEFORE IT’S TOO LATE.”**

A safe, non-surgical FDA cleared treatment is now locally available, proven to effectively reduce and even eliminate knee pain. The best part? It's covered by most insurances.



According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Manhattan, New York:

Today, the average American lives about 30 years longer than they would have a hundred years ago. However, the age of premature wear and tear to knee joints is occurring at an alarming rate (half of all anti-inflammatory drug prescriptions written in the U.S. are for joint pain). Most patients treated are getting younger and younger. We're noticing that even busy executives have extremely active lifestyles. Between stressful deadlines, caring for families, and participating in exercise and sports, they're actually grinding their joints away. And sometimes, it goes unnoticed until it's too late.

## **Considering Surgery?**

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails and the pain is too much, some think that surgery is the only option.

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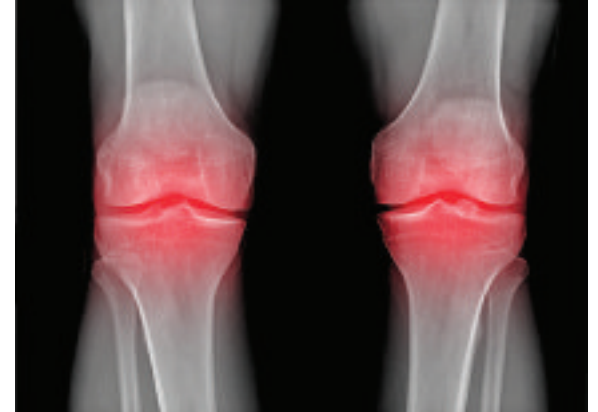
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An actual Hyaluronic Acid (Hyalgan) injection performed by Dr. Halland Chen, utilizing the new 2011 Philips® C-Arm

1. Daley EL, Bajaj S, Bisson LJ, et al. Am J Sports Med. 2011 Mar;39(3):656-62. Epub 2011 Jan 21.  
2. Bannuru RR, Natov NS, Obadan I, et al. Therapeutic Trajectory of Hyaluronic Acid Versus Corticosteroids in the Treatment of Knee Osteoarthritis: A Systematic Review and Meta-Analysis. Arthritis Rheum. 2009 Dec 15;61(12):1704-11.

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Stefan Cohen

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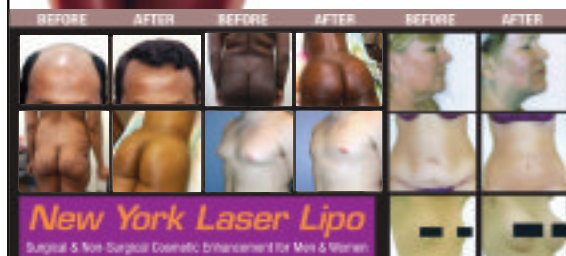
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This concert is part of the Marilyn Horne legacy at Carnegie Hall.

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GETTY IMAGES



► Greg Kelly has requested time off from his job as a co-host on FOX 5's "Good Day New York."

## New sexting claim in Kelly rape allegation

► Sources say the woman accusing TV host of rape sent flirty texts before and after the alleged attack

Police sources now say the woman accusing "Good Day New York" host Greg Kelly of rape exchanged as many as 17 flirty text messages with Kelly before and even after the alleged attack.

The woman, a 30-year-old paralegal, met Kelly, the son of NYPD Commissioner Ray Kelly, on the street in October. The two exchanged steamy text messages for two days before meeting for drinks on Oct. 8 at Jeremy's Ale House, a bar at the South Street Seaport, according to The New York Post.

"The texts were explicit," the source told the Post. "They were sexual."

After the two left the bar, they went to her nearby law office. That's where the woman said Kelly raped and

impregnated her while she was intoxicated. She was too drunk to resist his advances, the woman told police.

But sources told the Post the woman kept in touch with the police commissioner's son after the encounter and the two exchanged texts about "doing it again."

An investigator told The Daily News that the text messages could prove key in whether or not Kelly is charged in the case.

The woman is the daughter of a prominent New York City lawyer and has a brother who is a crime scene investigator with the NYPD. A source described her brother to the Post as a "hard-nosed hard worker."



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## Still off the air

**NEW YORK.** Greg Kelly has not appeared at his post as co-anchor of "Good Day New York" since Wednesday. The station's general manager, Lew Leone, said Kelly requested time off from work. Kelly's lawyer, Andrew Lankler,

said he is fully cooperating and maintains his innocence. "Mr. Kelly strenuously denies any wrongdoing of any kind, and is cooperating fully with the district attorney's investigation," Lankler said. "We know the district attorney's investigation will prove Mr. Kelly's innocence." ● **METRO**



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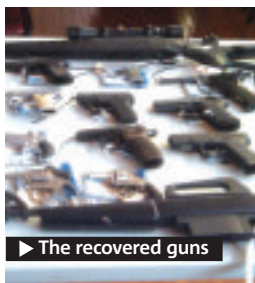
## BK murder rate lowest since 1963

**BROOKLYN.** The NYPD recovered 108 firearms at a gun buyback at Bedford Central Presbyterian Church in Crown Heights on Saturday, according to Police Commissioner Ray Kelly.

The number of yearly murders in Brooklyn also fell below 200 homicides in 2011 for the first time since 1963, Kelly announced.

"[It's] in part because of concerted efforts to get guns off the streets," said Kelly, referring to the ongoing buyback initiatives.

Since the NYPD first started buying back guns in 2008, the program has resulted in 7,600 weapons removed city-wide. Seven of the 108 firearms surrendered Saturday were loaded. ● **METRO/CB**



► The recovered guns

DCPI/NYPD

## Drugged drivers an increased risk

Too many New Yorkers are driving under the influence of prescription drugs — and without the proper tools, the police cannot do enough to stop it,

U.S. Sen. Charles Schumer said yesterday.

Drugged driving arrests have increased 35 percent in New York state since 2001, Schumer said, at the same time prescription drug abuse is becoming what many health experts are calling an epidemic. In 2009, 10.5 million Americans said they had driven while on drugs, according to the senator's office.

In New York City, drugged driving arrests went up 340 percent in the last decade, he found. In 2011, 357 drivers were arrested for drugged driving within city limits, up from 81 arrests in 2001.

But Schumer said those numbers still pale in comparison to the number of drunk driving arrests.

No methodology to identify

drugged drivers exists yet, Schumer said. For example, drunk drivers undergo a Breathalyzer, but police officers do not have a similar test to determine whether drivers are loopy on painkillers.

"Our cops need state-of-the-art equipment and better training," he said.

Schumer co-sponsored a bill that would give funding to the National Highway Transportation Safety Administration to find technology to ascertain whether drivers are drugged.

"The bottom line is, our cops need a Breathalyzer-like technology that works to identify drug-impaired drivers, on the spot, before they cause irreparable harm," he said.

**ALISON BOWEN**  
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## Drug-related accidents

**NEW YORK.** Driving while under the influence of prescription drugs is just as dangerous as driving drunk, said Sen. Charles Schumer.

In December, a mother from Medford, N.Y., died when a driver allegedly on prescription painkillers crashed and killed her while she was standing near her



car. Her 4-year-old child was strapped into a car seat and survived the crash.

A 5-year-old boy from West Islip, N.Y., was also killed in December when a driver, reportedly later found to have two partly full oxycodone bottles, hit the truck the boy's father was driving.

● **METRO/AB**

## Pets. Adoption



► Godzuke has been fixed and is up to date on all vaccines.

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**Department of  
Consumer Affairs**

# Crime on rise in city parks

- ▶ Third quarter of 2011 saw highest number of crime reports since 2008
- ▶ Some say it's because too few officers patrol isolated acres of city parks

## Crime by numbers

### 259

As of Oct. 1, 259 felony crimes had been committed across the city's parks in 2011

### 850

More than 850 major felony crimes occurred in 31 city parks since 2009

### 98

Felony incidents in Central Park in 2010, up from 65 in 2009



**ALISON BOWEN**  
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You might want to think twice before taking a shortcut through Central Park.

Members of the City Council will meet today to discuss the problem of increasing crime in city parks. Major crimes like grand larceny and assault are on the rise there: A three-month period near the end of 2011 saw the highest number of crimes in three years, according to Council statistics obtained from the police.

The NYPD recorded 134 crimes in the third quarter of 2011. That's the most crime in one quarter since 2008, according to police records.

But Geoffrey Croft of NYC Park Advocates, a citizens' park watchdog group, said even more crimes occur than those numbers show. The NYPD only supplies the Council with data for 31 major



**"Our parks offer an oasis for our residents. They allow for sanctuary and an escape from crowds. But that same solitude may place people at risk."** REP. VALLONE

parks, Croft said, so that does not include, for example, crimes in dozens of playgrounds and small parks scattered around the city.

"We estimate that the

NYPD is tracking less than five percent of crimes," Croft said.

Queens Councilman Peter Vallone, who is chair of the Council's Public Safety Committee, said parks desperately need more officers. At an April Council hearing, park officials testified that just 92 Park Enforcement Patrol officers patrol 29,000 total acres of parkland citywide. In the Bronx, nine officers patrol 7,000 acres.

More than 850 major felony crimes have occurred in New York's 31 parks since 2009, according to Council statistics. "The safety of our parks is paramount," said Manhattan Councilwoman Melissa Mark-Viverito, chair of the parks committee. "We must do all we can to ensure everyone can enjoy these spaces without the threat of being assaulted."



▶ Felony crimes in Central Park rose by almost 50 percent from 2009 to 2010 — from 65 to 98, including robbery, drug and rape arrests, according to the City Council. Numbers are not yet available for 2011.

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# Social media boosts cost of Super Bowl ads



► Volkswagen's little Darth Vader commercial was easily one of the best of Super Bowl 2011.

In the age of Twitter and Facebook, many Super Bowl viewers will use the commercial breaks to go online and see what people are saying about the game. This year, advertisers want them to tweet about their favorite commercials as well.

Having spent record-breaking sums to secure the most valuable television slots in advertising, global brands from Coca-Cola to Volkswagen are looking to leverage social media to extend the buzz and reach of their ads.

According to executives from Comcast Corp.'s NBC television network, which will broadcast the Feb. 5 football game, a 30-second commercial slot cost \$3.5 million on average this year, up from

\$3 million for last year's Super Bowl, which was on News Corp's Fox station.

"The social media conversation has put more value on a Super Bowl ad, fans will discuss your ads on Twitter and Facebook and then go to YouTube to watch it on demand over and over again," said Brad Adgate, senior vice president of research at Hori-

zon Media.

This year's Super Bowl will take place in Indianapolis, with the New York Giants and New England Patriots battling it out for the National Football League Championship. An expected 100 million people will watch the game, which is among a dwindling number of TV programs that still draw big live audiences.

NFL games are so valuable to advertisers that the league recently secured hefty pay increases that will bring in about \$6 billion a year from Walt Disney Co's ESPN, broadcast networks and satellite TV provider DirecTV for rights to air games and sell the advertising time.

REUTERS

## 50%

**Increase in Super Bowl ad prices in the last decade. This year reached a new high for ad space, with one slot selling for around \$4 million.**

## Famine, poverty lead to mass suicides

In the sierras of Chihuahua state in northern Mexico, there have been reports of high rates of suicide among the native Raramuri people, a local activist group claims.

Dozens of men and women from the indigenous people, famed

for their long-distance running ability, have thrown themselves down mountain canyons to their death, according to Ramon Gardea, member of the Front indigenous peasant organization.

Famine and poverty, aggravated by drought, cold temperatures, lack of state support and the presence of criminal gangs, are listed as the apparent causes of these mysterious suicides, Gardea said.

"Some 50 men and women have thrown themselves into the ravine, believing they have nothing to give their children," Gardea told local TV media. "Women in

### Online advocacy

The situation has become so critical that in Mexico City, Twitter users are calling for participants to bring food, shelter and medicine to the Sierra Tarahumara.

these indigenous group, who have four or five children, suffer from depression when they can't feed them."

Local council authorities in the Sierra Tarahumara region have confirmed the deaths are due to severe malnutrition and famine. ● MWN

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# UPCOMING GRADUATE INFORMATION SESSIONS

**Wednesday, February 1, 2012**

### Media Studies

80 Fifth Avenue, 6:00 p.m.

### TESOL (Teaching English to Speakers of Other Languages)

80 Fifth Avenue, 6:00 p.m.

### Graduate Programs at The New School

Webinar, 1:00 p.m.

**Thursday, February 2, 2012**

### International Affairs

### Environmental Policy and Sustainability Management

### Leadership and Change

### Nonprofit Management

### Organizational Change Management

### Organizational Development

### Sustainability Strategies

### Urban Policy Analysis and Management

55 West 13th Street, 6:00 p.m.

### Documentary Media Studies

2 West 13th Street, 6:00 p.m.

**Tuesday, February 7, 2012**

### Urban Policy Analysis and Management

Webinar, 7:00 p.m.

### Anthropology, Economics, Global Political

### Economy and Finance, Historical Studies, Liberal Studies, Philosophy, Politics, Psychology, Sociology

65 West 11th Street, 6:00 p.m.

**Thursday, February 9, 2012**

### Graduate Programs at The New School

Webinar, 6:00 p.m.

To reserve a place, or request more information, contact 800.292.3040 or visit:

**[www.newschool.edu/info13](http://www.newschool.edu/info13)**

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## News in brief

### Police fire tear gas at Occupy Oakland

OAKLAND, CALIF. Riot police fought running skirmishes with anti-Wall Street protesters on Saturday, firing tear gas and bean bag projectiles and arresting more than 200 people in clashes that injured three officers and at least one demonstrator.

Internet broadcasts by activists showed several demonstrators being treated by paramedics or loaded into ambulances.

The scuffles erupted as activists from the Occupy movement sought to take over a shuttered downtown convention center, sparking cat-and-mouse battles that lasted well into the night in a city that has seen tensions between police and protesters boil over repeatedly.

City Council President Larry Reid said protesters

broke into City Hall, damaging exhibits and burning a U.S. flag. **REUTERS**

### Battle to retake parts of Damascus

AMMAN. Around 2,000 Syrian troops backed by tanks launched an assault to retake Damascus suburbs from rebels yesterday.

Nineteen civilians and rebel fighters were killed as soldiers in buses, armored personnel carriers and tanks moved in. **REUTERS**

### Iran issues oil supply threat

TEHRAN. Iran sent conflicting signals in a dispute with the West over its nuclear ambitions yesterday, vowing to stop oil exports soon to "some" countries but postponing a parliamentary debate on a proposed halt to such sales to the European Union. The Islamic Republic declared itself optimistic about a visit by U.N. nuclear experts that began yesterday. **REUTERS**



► Most Republicans, like John Boehner, are eager to get payroll tax cut issue behind them after a bruising year-end battle.

# GOP confident on payroll tax cut deal

Top Republican lawmakers yesterday said they expect to forge a deal with Democrats to extend the payroll tax cut before it expires at the end of February but offered no specifics on how they would pay for it.

"I'm confident that we'll be able to resolve this fairly quickly," top congressional Republican John Boehner said on ABC's "This Week" television show.

Republican and Democratic lawmakers have started negotiating a deal to extend unemployment benefits and a tax break for 160 million Americans beyond February. If they fail, the payroll tax, which funds the federal Social Security retirement program, will revert to 6.2 percent from 4.2 percent and

**"I'm confident that we'll be able to resolve this fairly quickly."**

**TOP CONGRESSIONAL REPUBLICAN JOHN BOEHNER SAID ON ABC'S "THIS WEEK" TELEVISION SHOW**

leave workers with about \$900 less in their wallets this year.

That could harm the country's fragile economic recovery with some economists forecasting a cut in U.S. growth of up to 1 percent.

Most Republicans are eager to get the issue behind them after a bruising year-end battle, where they were in the awkward position of arguing against tax cuts.

**REUTERS**

## LOW THYROID & WOMEN

You may be shocked just to see a glimpse of what is really causing your:

**JOIN OTHER WOMEN JUST LIKE YOU FOR A DISCOVERY DAY!**

- Weight issues
- Memory issues
- Hot flashes
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- Irrational moods
- Heart palpitations
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- Anxiety
- Constipation
- Insomnia

### DON'T BE LABELED SOMETHING YOU ARE NOT...

It's not menopause, old age, senior moments, clinical depression, bipolar, hypochondria or any other label that has put you in a treatment box where one drug after another seems to be your only option.

### YOU EYES WILL OPEN WIDE...

To a real sobering conversation that, for most women, finally validates and explains what they have known all along.

### SOMETHING IS REALLY BEING MISSED...

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# Gingrich alliance resists Newttering

For complaints, suggestions and offers to save 15 percent on car insurance, e-mail Metropolitik at [brayden.simms@metro.us](mailto:brayden.simms@metro.us). Also, join us at [metro.us/forum](http://metro.us/forum) for an open discussion on the issues of the day. Also, also: Twitter!

We wrote about it this weekend, but the Newttering of Speaker Gingrich shows no signs of slowing as establishment Republicans — that is, the very group in which Mr. Gingrich can rightly claim to squarely belong — rush to prevent his most recent surge. There is now, however, one significant update: His cavalry have arrived.

Sarah Palin — remember her? — was back Friday with a scathing take-down of the lamestream media, “Cannibals



► Who will be the Republican nominee? Tell us at [metro.us/forum](http://metro.us/forum) or e-mail [brayden.simms@metro.us](mailto:brayden.simms@metro.us).

in GOP Establishment Employ Tactics of the Left,” in which the down-home diva lamented Republicans’ co-option of such allegedly liberal strategies as “singl[ing] someone out and destroy[ing] his or her record” and “using the media,” neither of which anyone on the right has ever purposefully employed, we’re sure.

Disregarding the oozing hypocrisy of someone employed by Fox News questioning use of the media; ignoring the fact that Palin here frames the idea of judging candidates based on their governing records as some sort of liberal crime; and seeing as there is very little chance that she actually authored this extremist screed herself — wait, actually, we really aren’t able to do

## Metropolitik



BRAYDEN SIMMS

POLITICAL REALISM FOR THE URBAN PROLETARIAT

@METROPOLITIK

any of those things.

Gingrich also received some support from another right-wing icon, pizzaman Herman Cain, who over the weekend threw his weight behind the maligned candidate. This marks what could be interpreted as Cain’s third endorsement of the season: The “unconventional” first was declared for “the people” in an embarrassing media stunt; the second for himself, despite having dropped out, owing to his participation in a bit of electoral parody at Stephen Colbert’s “Rock Me Like a Herman Cain South Cain-olina Primary Rally”; and now this.

Something tells us Gingrich is going to have to do better.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Out with the old, in with the news

“Some of the articles, some of the attacks on me, have been breathtakingly dishonest. And I think as that deepens, the conservatives are going to come together and decide they do not want a Massachusetts liberal to be the Republican nominee.”

**GINGRICH, SUNDAY ON ABC NEWS. THIS CLAIM — THAT ROMNEY AND THE GOP ESTABLISHMENT ARE SO SCARED OF A GINGRICH CANDIDACY THAT THEY’VE BEEN RESORTING TO LIES — IS, OF COURSE, TRUE. WHAT’S UNTRUE IS THE IMPLICATION THAT GINGRICH ESCHEWS THIS SORT OF POLITICAL GAME. HERE, HE USES THE L-WORD TO SMEAR FORMER MASS. GOV. ROMNEY, WHO IN REALITY IS MIND-NUMBINGLY CONSERVATIVE, DESPITE THE CURRENT MEDIA NARRATIVE.**

## What’s new with Neurofibromatosis Type 2?

Presented by NYU Cancer Institute, an NCI-designated Cancer Center

Neurofibromatosis type 2 is a genetic condition associated with tumors of the hearing nerve and membranes around the brain and spinal cord. This program will describe signs and symptoms as well as advances and difficulties in the molecular diagnosis of Neurofibromatosis type 2. Current treatment options and controversies, simplified molecular pathways, drug development research and genetic counseling will also be discussed.

John G. Pappas, MD  
Assistant Professor

Department of Pediatrics  
(Human Genetics)

**Tuesday, January 31, 2012**  
**6:00 PM to 7:30 PM**  
**NYU Clinical Cancer Center**  
**160 East 34th Street**  
**(between Lexington & Third Avenues)**  
**Room 1121**

**Sign language interpreters and CART services will be provided.**

Please visit [www.nyuci.org/rsvp](http://www.nyuci.org/rsvp) or call **212-263-2266**.

Please provide your name, phone number, the name of the lecture and number of people attending.



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# BUYING 2 DAYS ONLY!

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**THIS WEDNESDAY, FEBRUARY 1st & THURSDAY, FEBRUARY 2nd!**

Starts Wednesday at these 2 convenient locations: The Hilton New York and The Marriott Brooklyn Bridge.

**Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!**

**WHY NOW IS A GOOD TIME TO SELL!** The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

### FINE JEWELRY

All Kinds, Time Periods & Types

We will pay up to the following for rare & collectible jewelry:

Silver Jewelry.....	Up To.....\$150	Art Deco.....	Up To.....\$13,000
Brooches.....	Up To.....\$15,500	Cuff Links.....	Up To.....\$1,000
Pendants.....	Up To.....\$5,000	Pins.....	Up To.....\$5,500
Necklaces.....	Up To.....\$20,000	Rings.....	Up To.....\$16,000
Cocktail Rings.....	Up To.....\$15,500	Art Nouveau.....	Up To.....\$12,500
Charm Bracelets.....	Up To.....\$5,500	Lavallieres.....	Up To.....\$4,000
Earrings.....	Up To.....\$10,500	Gamblers Jewelry.....	Up To.....\$1,000
Bracelets.....	Up To.....\$13,000	Bakelite Rings.....	Up To.....\$750
Cameos.....	Up To.....\$150	Floral Design.....	Up To.....\$10,500
Victorian.....	Up To.....\$10,500		

**We Need Your Jewelry Items!**



Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

### DIAMONDS

Instant Cash For:

1/4 Carats.....	Up To.....\$375
1/2 Carats.....	Up To.....\$1,500
1 Carats.....	Up To.....\$4,250
2 Carats.....	Up To.....\$15,250
3 Carats.....	Up To.....\$20,000
4 Carats.....	Up To.....\$35,000
5 Carats.....	Up To.....\$43,000
6 Carats.....	Up To.....\$55,000

**We Need Larger Diamonds! 2 Carats and Up!**

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a **FREE EVALUATION!**

### SILVER JEWELRY

We Buy in Any Style & Condition!



Both Men & Women's Silver Jewelry Purchased

- Rings
- Necklaces
- Anklets
- Earrings
- Pendants
- Toe Rings
- Chains
- Bracelets
- Engraved



### GOLD

All Types Needed  
Instant Cash For:

Pay up to for the following:

Chains & Necklaces.....	Up To.....\$250
Class Rings.....	Up To.....\$500
Charm Bracelets.....	Up To.....\$5,500
Wedding Bands.....	Up To.....\$250
Mountings.....	Up To.....\$750
Antique Items.....	Up To.....\$5,500
Single Flatware Items.....	Up To.....\$750
Dental Gold Items.....	Up To.....\$500
Coins & Bullion.....	Bring for quote
Scrap Gold.....	Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!



### ALL TYPES OF COINS WANTED

We will pay up to for the following rare coins:

*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1869 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds — Even Thousands!

\*Check your items to see if you own any of these valuable coins:

U.S. Silver Halves - 1870 CC.....	Up To.....\$3,000
U.S. Silver Quarters - 1901 S Quarters.....	Up To.....\$2,500
U.S. Silver Dimes - 1885 S.....	Up To.....\$2,500
U.S. Half Dimes - 1902 Heraldic Eagle Reverse.....	Up To.....\$4,000
U.S. Two Cent - 1864 Small Motto.....	Up To.....\$1,000
U.S. Large Cent - 1803 Large Date Small Fraction.....	Up To.....\$1,250
U.S. Half Cent - 1793.....	Up To.....\$1,250



### SILVER DOLLARS

We pay up to the following for rare dollars:

United States	
1794 to 1803	1840 to 1873
1836 to 1839	Trade Dollars
	1878 to 1904
	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse.....	Up To.....\$25,000
Gobrecht reeded edge dye alignment.....	Up To.....\$5,500
1873CC Liberty Sealed.....	Up To.....\$5,500
1878CC.....	Up To.....\$15,500
1889CC.....	Up To.....\$13,000
1928.....	Up To.....\$5,500

**Our Aim is to Beat Most Offers!**

**We Strive to Beat All Legitimate Written Offers**

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

**A Note Regarding the Up To Prices listed in this Ad**

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

**Customer Satisfaction**

A large portion of our business comes from satisfied customers and referrals which includes their friends and families. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

Free Admission • No Appointment Necessary  
Safe & Secure • Onsite Security



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# 2 DAYS ONLY!

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at the Hilton New York and The Marriott Brooklyn Bridge



## YOUR ITEM LIST



Take a few moments to check ✓ off the items you may have that we need!

### JEWELRY:

- ✓ Gold Jewelry
- ✓ Silver Jewelry
- ✓ Diamond Jewelry
- ✓ Watch/Watches
- ✓ Pocketwatches
- ✓ Antique Jewelry
- ✓ Cameos
- ✓ Platinum Jewelry

### Charm Bracelets

- ✓ Gold Rings
- ✓ Garnet Jewelry
- ✓ Enamel Items on Gold & Silver
- ✓ Dental Gold

### COINS & PAPER MONEY:

- ✓ Silver Dollars (Pre-1935)
- ✓ Silver Coins (Pre-1964)

### Silver Bars

- ✓ Gold Bars
- ✓ U.S. Gold Coins
- ✓ Foreign Gold Coins
- ✓ Gold Bullion Coins
- ✓ Proof Sets
- ✓ Mint Sets
- ✓ Paper Money (1860-1934)
- ✓ Coin Collections

### Carson City Silver Dollars

- ✓ Indianhead Pennies
- ✓ Investment Coins
- ✓ Certified Coins

### STERLING SILVER:

- ✓ Silver Jewelry
- ✓ Flatware Sets
- ✓ Single Flatware Items

### Tea Sets

- ✓ Antique Items (all kinds)

**PLEASE NOTE:** We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

## STERLING SILVER

All Time Periods,  
Kinds & Types

We will pay up to for the following:

Centerpieces.....	Up To.....	\$3,500
Claret Jugs.....	Up To.....	\$750
Full Flatware Set.....	Up To.....	\$8,500
Punch Bowls & Sets.....	Up To.....	\$5,000
Single Flatware Items.....	Up To.....	\$750
Tea Sets.....	Up To.....	\$5,000
Trophies.....	Up To.....	\$1,500

**We Buy Any Type of Sterling Silver!**

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

## GOLD COINS

We pay up to the following for rare gold:  
United States

*\$1.00 1849 to 1899	*\$5.00 1795 to 1833	*\$10.00 1795 to 1804
*\$2.50 1795 to 1834	*\$5.00 1834 to 1836	*\$10.00 1836 to 1838
*\$2.50 1840 to 1909	*\$5.00 1839 to 1906	*\$20.00 1850 to 1903
*\$3.00 1854 to 1899	*\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

\*Check your items to see if you own any of these valuable coins:

\$1.00 1849C.....	Up To.....	\$10,500
\$2.50 1796 Capped Bust large left side.....	Up To.....	\$18,000
\$2.50 1841 Quarter Eagle Liberty Head.....	Up To.....	\$5,000
\$3.00 1854D.....	Up To.....	\$10,500
\$5.00 1795 Small Eagle.....	Up To.....	\$52,000
\$5.00 1838D.....	Up To.....	\$10,500
\$5.00 1842C Small Date, 1891D, 1894S.....	Up To.....	\$9,500
\$5.00 1909D, 1929.....	Up To.....	\$9,500
\$10.00 1869D, 1868S, 1875.....	Up To.....	\$8,000
\$20.00 1850C, 1854C, 1890C, 1891S, 1870CC, 1885, 1891.....	Up To.....	\$10,500

## WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Breitling.....	\$4,000	Galett.....	\$1,250	Seth Thomas.....	\$1,500
Cartier.....	\$15,000	Hamilton.....	\$500	Tiffany & Co.....	\$15,000
Corum.....	\$12,500	Stinson.....	\$1,500	Ulyssee Nardin.....	\$10,000
Dishien.....	\$3,000	Jules Jurgenson.....	\$16,000	Chronograph Watches.....	\$16,500
Dudley.....	\$14,000	LeCoultre.....	\$6,000	Ladies Watches.....	\$11,000
E. Howard & Co.....	\$11,500	Longines.....	\$13,000		
Elgin.....	\$12,000	Movado.....	\$2,500		
Frodsham.....	\$750	Omega.....	\$2,500		
	\$12,000	Rolax.....	\$18,000		

### PLEASE NOTE:

We also purchase watches that are NOT in working order.



Breitling  
Up To \$15,000



Rolex - All Kinds  
Up To \$16,000



Tiffany & Co.  
Up To \$15,000



Cartier  
Up To \$12,500



Longines  
Up To \$13,000

## WANTED ALL SILVER COINS

### 1964 or Prior



## Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!

— C. Fair

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to any friend!

— J. Grace

It was really fast!

— A. Duen

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!

— J. Steed

My service was exceptional!

— C. Sawyer

Very informative & professional. A relaxed atmosphere & experience.

— D. Ross

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.

— D. Smith

I was offered a certain amount at one place and when I sold RCFG the

amount they beat the price by a good amount. People are very friendly and courteous.

— J. Blomquist

Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would recommend RCFG!

— C. Lang

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myentertainment

# THE WORD



Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](#) [monica.weymouth@metro.us](mailto:monica.weymouth@metro.us)

— Dorothy Robinson will return Feb. 7.

## Put a ring on it, Brad

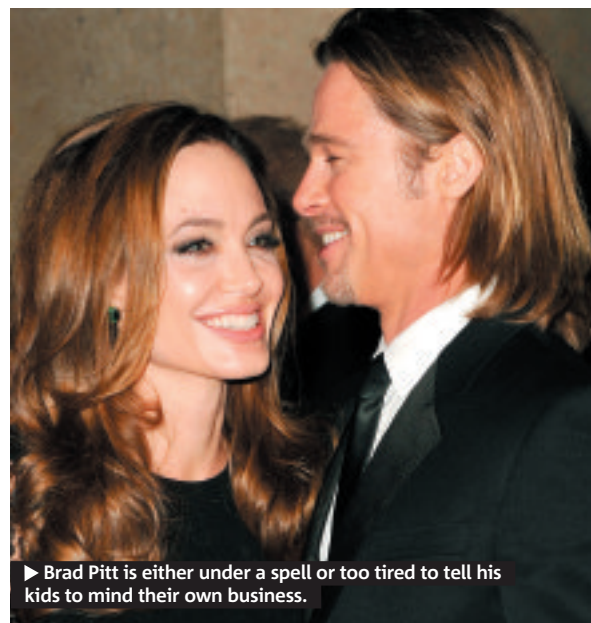
After almost seven years together, it looks like **Brad Pitt** and **Angelina Jolie** might make it official. The royal couple is abandoning their original plan to wait until gay marriage is legal in exchange for some peace and quiet around the house. "We're getting a lot of pressure from the kids," Pitt admits in an interview with "CBS Sunday Morning" that aired yesterday. "It means something to them."

It seems their six-pack — count 'em: **Maddox, Pax, Zahara, Shiloh, Knox** and **Vivi-**

**enne** — have been telling him to "get Mommy a ring" and he's promised, "OK, I will! I will!"

So, just to sum it up: When pressured by six young children to buy a diamond for a woman who has let him stick around since 2005 without one, Brad Pitt runs his strong, rugged hands through his shiny blonde hair and says, "Sure kids, why not."

Angelina, we don't know what you did to this man, but we're impressed.



► Brad Pitt is either under a spell or too tired to tell his kids to mind their own business.

PHOTOS: GETTY IMAGES

## JLo and Marc Anthony to reconcile?

After the space we devoted to their breakup, they'd better

not. In an interview with People.com about their new Spanish-language talent search show, "Q'Viva: The Chosen," **Anthony** shares some pretty benign "we'll always love and respect each other" PR speak: "We're just

meant to be in each other's lives on different levels. This is a long story, it's not a short story. Marriage was just one chapter."

But sources tell TMZ that a reconciliation is possible, and that the couple has been

strengthened by splitting up. Just as we suspected: These two are fueled by publicity and gossip columnist tears. **JLo**, you announce a vow renewal past deadline, and so help us we will cut off your supply.



► Moore

## Whip-its redacted

References to whip-its were redacted from Demi Moore's 911 tape after the L.A. city attorney recommended the move to protect her privacy, reports TMZ. The tape was released to the public on Friday. Her friends had told paramedics that she had inhaled nitrous oxide and was "semiconscious, barely."

We've got to wonder: Is this a policy for all drugs, or just the small handful that are more embarrassing than cough syrup?

### The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, **Mindy Kaling** has pretty strong opinions, **Judd Apatow** made a faux pas, **MC Hammer** is experiencing technical difficulties and **Joan Rivers** can't pass up an opportunity for a joke.

**@mindyaling:** A League of Their Own is the best movie ever made.

**@JuddApatow:** I gave my valet parking ticket to a man who was not the valet yesterday. It effected my sleep.

**@MCHammer:** My Apologies to all my friends getting text from "that App" .. Took over my phone book and spammed the world !!!!

**@Joan\_Rivers:** Demi Moore's health seems to be improving! An hour after being rushed to the hospital she was already cruising the pediatric ward for dates.



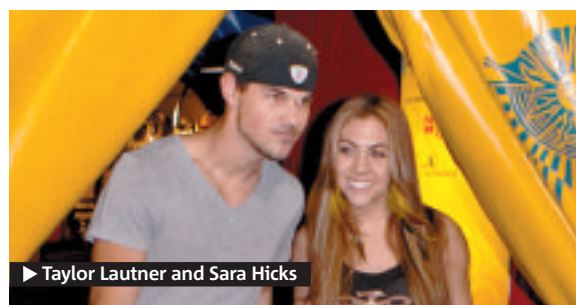
Kaling

## Talking points

### Ashton concerned for Moore

**Ashton Kutcher** returned to Los Angeles this weekend after work engagements — including modeling for clothing brand Colcci — kept him in Brazil during estranged wife **Demi Moore**'s drug-related hospitalization. "Ashton is deeply concerned for Demi," a source says, according to Hollyscoop. "He still cares about her and wants the best for her. But their marriage is ending and they are both moving on with their lives."

### Weekend date for Taylor Lautner



► Taylor Lautner and Sara Hicks

"Twilight" star **Taylor Lautner** treated ex-girlfriend **Sara Hicks**, whom he'd dated in high school, to a performance of Cirque du Soleil's new show in Santa Monica, Calif., over the weekend, according to Us Weekly. As for Hicks, who is now a cheerleader for the L.A. Clippers, she and Lautner "have been hanging out a lot in L.A., seeing a few shows and going to dinner," according to

a source.

### Russell Brand talks Katy Perry

**Russell Brand** hasn't been wasting any time. Less than a month after filing from divorce from **Katy Perry**, he is reportedly already seeing multiple women — and bad-mouthing his soon-to-be ex-wife to them, according to Us

Weekly. "He's spoken terribly about Katy to them," one source says, adding that Brand is particularly interested in one of the new women. "He told her he wanted her to move in with him."

### Seal and Klum are not done yet

While **Seal** and **Heidi Klum** are separated — and divorce rumors are swirling — the British singer is looking to forestall such talk. "We're not getting divorced," he tells Access Hollywood's **Billy Bush**. "We're not even legally separated. We are separated. The reality of the situation is we have grown apart." That being said, Seal's positive spin can only go so far. "Is there a chance of us getting back together?" he says. "Honestly, Billy, I don't know."



► Brand



► Seal





## Weekend star gazing

**1.** It's official: Justin Bieber has entered That Awkward Phase. He was at the NRJ Music Awards 2012 in Cannes, France, on Saturday.

**2.** In much less awkward NRJ red carpet news: Shakira.

**3.** Jennifer Aniston and boyfriend Justin Theroux were spotted at the Directors Guild Of America Awards in Hollywood on Saturday.

**4.** George Clooney and his "Descendants" co-star Shailene Woodley posed at a Directors Guild party.

**5.** Bradley Cooper attended "The Worlds" premiere at Sundance.

**6.** Jaimoe and his Jasssz Band played tunes from their new album "Renaissance Man" at the Gramercy Theatre Friday night.

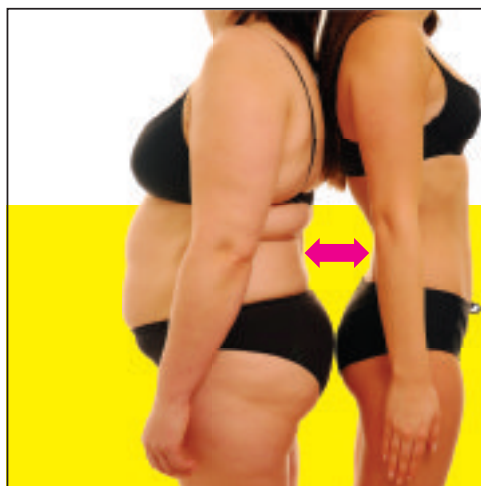
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**Katy Perry rocked a blue 'do in Vegas on Saturday.**



**Zoe Saldana attended "The Words" premiere at the Sundance Film Festival on Saturday.**



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### TV watch list



### 'Gossip Girl'

**DRAMA.** Blair finally marries Prince Louis — or does she? — in the series's 100th episode. But more shocking, perhaps, than even a potential runaway bride is the revelation of Gossip Girl's identity. No matter what happens, there will be plenty of whispering underneath the wedding bells tonight. 8 p.m., The CW

### 'Real Housewives of Beverly Hills Reunion, Part 1'

**REALITY.** The ladies reflect on how badly they behaved this season, which takes a whopping three — three! — installments to cover. The look-back, refereed by Andy Cohen, will include Kim Richards' first post-rehab interview. 9 p.m., Bravo

### 'RuPaul's Drag Race'

**REALITY.** Thirteen of the fiercest dudes who look like ladies compete for the title of top drag queen in this over-the-top, too-fun-to-miss reality competition. Season premiere, 9 p.m., Logo

### 'The Amandas'

**REALITY.** Amanda LeBlanc and her team use their perfectionist ways to whip clients' disorganized lives into shape. Series premiere, 8 p.m., Style Network  
● AMBER RAY

# Power play

► Kevin Spacey is an entertainingly black-hearted Richard III at BAM ► Shakespeare's wannabe king is reduced to pure evil as the body count rises

The king you love to hate — and actors love to play, because he's so delectably detestable — is currently holding court at the Brooklyn Academy of Music. That would be "Richard III," the quintessential Shakespearean villain, in the person of Kevin Spacey as directed by Sam Mendes.

Set more or less in the pres-

### If you go

► **'Richard III'**  
Brooklyn Academy of Music  
Harvey Theater  
651 Fulton St., Brooklyn  
\$30-\$130, 718-636-4100  
www.bam.org

ALASTAIR MUIR



► Kevin Spacey plays the titular villain in "Richard III," now onstage at BAM.

ent on a strikingly stark stage by Tom Piper, lined with doors to nowhere, "Richard" starts strong as Spacey toys with the duplicitous monarch wannabe, who pretends to befriend just about everyone as he's plotting their downfall in his relentless pursuit of the throne. With vaudevillian asides, a black heart and even a touch of Groucho, Spacey finds nuances to keep Richard engaging as he begins to orchestrate the deaths of those who stand between him and the crown (two brothers and two nephews) — and even those who don't.

But as the number of deaths mounts, Richard no longer needs to be two-faced. He's reduced to pure evil. The play becomes repetitive and Spacey's bag of tricks shrinks: he's loud and shrill and not much else. He valiantly carries on for over three hours, but he's ultimately undone by the material. How many murders can you mastermind while keeping it fresh?

Mendes makes brilliant use of drums to create tension, but his choice to cast two girls as young princes is distracting. His direction suffers from an inability to find, or at least maintain, variety in a powerful, but ultimately monotonous, bloodbath.

● **MICHAEL BRACKEN**  
michael.bracken@metro.us

WRITE TO METRO:  
LETTERS@METRO.US



### Box office

### 'The Grey' wins weekend box office

Survival story "The Grey," starring Liam Neeson, topped the weekend movie box office charts with an estimated \$20 million in U.S.

and Canadian total ticket sales, according to studio estimates released yesterday.

"The Grey" knocked last weekend's winner, "Underworld: Awakening," to second place. The vampire and werewolf sequel starring Kate Beckinsale brought in \$12.5 million from Friday through Sunday.

New Katherine Heigl comedy "One for the Money" finished third with \$11.8 million.

REUTERS



► You just won the box office, Liam. Don't look so sad!

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## THE SIMPLE TRUTH



MEDITATION FOR THE MODERN WORLD

BY JEFF CANNON

# Why you need to meditate

Forget what you think you know about meditation: You don't need to sit cross-legged, you don't need to light candles and you definitely don't need to be a Buddhist monk. All you need, according to Jeff Cannon, author of "The Simple Truth: Meditation for the Modern World," is a willingness to quiet your brain for a few moments.

"Most people think of meditation as having to sit for half an hour," he says. "It's really just a focus of the mind. You can meditate walking. You can meditate standing. Scientists have found that with as little as 15 minutes a day, your brain actually starts remapping itself. To meditate for a couple of minutes gives you stability."

And it's not just good for improving your mental health: Your physical wellbeing benefits from meditation, too.

"There are almost endless studies right now on lower blood pressure, ability to control anxiety. They're using it for pretty much anything that stress can negatively affect. More and more in the medical community are finding that it's

## Cannon's guide to meditation

► If you're sitting, move to the edge of your chair and make your back straight. Or, stand up straight.

► Close your eyes and breathe in through your nose, into your stomach and hold it there for a couple of counts. Then breathe back out.

► Slowly breathe in for a count of eight and then hold it for a count of two, then breathe back out for a count of eight. Place your attention on your breath: on the tip of your nose, at the feel of your stomach as it moves or at the travel of air coming through your throat, into your lungs and then back out.

► Repeat the process.



an important part of healing. After a 10-hour brain surgery I was out of the hospital in about three days, and the doctors were stunned because I wasn't taking any pain medication — I was meditating."

Indeed, Cannon's interest in meditation reached its height while he recuperated from a 10-hour surgery that removed six tumors from his brain.

"In the six months I had to seriously recover, I started reading more and more about neuroplasticity. [Scientists] used to think the brain was just a static organ, it didn't change. But what they started learning was the brain actually remaps itself all the time. I started exploring more and more to say, 'Well, if the brain can change, then why can't we change the brain?'"

Cannon swears that if you pick up the habit, you'll see results "within the first week."

"Instead of making rash decisions or responding to issues by habit, you all of a sudden start pausing your life."



**MEREDITH ENGEL**  
meredith.engel@metro.us

## Distractions will happen: It's OK

"Your mind is there to be distracted," Cannon says. "Just acknowledge that you have a thought. You can even tell yourself, 'Not now, this is my time to meditate,' and come back to focusing on your breath. This morning I was meditating and you could hear a fire engine go by. You just acknowledge, 'That's a fire engine, OK, that doesn't bother me right now.'"

## Reader love notes

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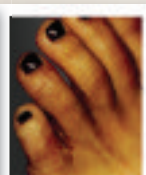
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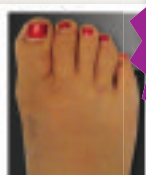
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# How to stay healthy at the office

- ▶ It's difficult to stick to your fitness goals when you're in the middle of a stressful day
- ▶ But there are ways to follow through with your plan — even when the doughnuts come out

Remember one month ago when you were going to get in shape, eat better and quit smoking in 2012? Too often, work becomes a place of limbo for those goals.

Fitness guru Mark Allen, co-author of "Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You," stresses the importance of setting realistic goals for your schedule — and then taking time to reflect on those goals throughout the work day. "Sometimes the rea-

## Work and weight

**What's holding you back?** In a survey by CareerBuilder, the majority of workers identified being stationary at a desk as the main culprit. But that wasn't the only problem:

- ▶ **Sitting at a desk:** 36 percent
- ▶ **Eating out:** 16 percent
- ▶ **Skipping meals:** 13 percent
- ▶ **Workplace parties:** 12 percent

son we get discouraged is because we allow our mood to influence our actions," he says. "Maybe you've had a bad day and tell yourself it's pointless to work out, or you convince yourself it's too hard. Instead, set aside a quiet time to reflect on your goals."

If the constant barrage of sugary snacks in the break room is beating down your diet willpower, Allen suggests you get back on track by writing yourself a contract that you can stick to. Keep it simple, clear and attainable, such as: "By my June 1 doctor's appointment, I aim to have lowered my cholesterol by 10 points and lost 10 pounds."

The buddy exercise system can be valuable in the office, not just at the gym. Jill Spiegel, author of "How to Talk to Anyone About Any-



thing! The Secrets to Connecting," believes in finding a "walk partner" at work. "Next time you're chatting in the break room or talking in the lobby, positively share your

[health] goals with your co-workers," says Spiegel. "Energy is contagious."

**JULIA WEST**  
letters@metro.us

## Quick fit tips

Laurie Kendall-Ellis, executive director of the American Physical Therapy Association, gave us these tips for boosting energy at work.

**1** Park the car farther away. Alternate swinging your arms as you walk at a brisk pace. This will increase your heart rate and the value of the walk.

**2** At your desk, squeeze your shoulder blades back and down while taking a deep breath in. Look straight ahead as you do this. It's a chance to move out of the head-down posture that so many of us assume with texting and computer work.



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## Letters

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## Romney mistaken on our blind trust

Would Romney have a blind trust run the White House, too? That is the lamest excuse I have ever heard. This guy wants you to elect him the leader of the free world, and he had the nerve to stand there with his hands in the air claiming ignorance, saying he has no idea what his investments are. Some leader. He can't even run himself. I think he's mistaken if he expects Americans to simply give him their "blind trust."

MICHAEL CHIMENTI, NEW YORK

## Liberal baggage carries more weight

Notice how the press loves to use the term "baggage" when assessing the viability of conservative candidates? I suggest we citizens apply the same terminology to the progressive, socialist, liberal representatives in Congress and the Senate. Their baggage is corruption on a massive scale combined with thievery, insider trading and a "greed is good" attitude. They rail against big corporations and small business owners while they steal our

futures through taxation and regulation, anti-American actions and subservience to a communist ideology that seeks to control every aspect of our lives.

JOHN SANGENARIO, VIA E-MAIL

## Re-elect Obama — for conservatism!

Maybe it would be best to have Barack Obama re-elected — for the conservative movement, that is! We citizens need to stop voting for liberals posing as conservatives. **FRANK ST. GEORGE, EAST ROCKAWAY**

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## “Over the last decade, the Pentagon budget has grown by 100 percent.”

At a time when budgets are tight and programs and services in our community are being cut back, the Pentagon budget keeps getting bigger. The Secretary of Defense announced plans to slow the rate of growth for the Pentagon budget, but even under this proposal in 10 years the Pentagon budget would still be bigger than it is today. Over the last decade, the Pentagon budget has grown by 100 percent. Right now, we are all having to cut back. The Pentagon should have to as well. **NANCY HATFIELD, VIA E-MAIL**

## Horoscope

♊ Aquarius **Jan. 20-Feb. 19.** It's erroneous to believe, as others say, that a very important arrangement is slipping from your control.

♓ Pisces **Feb. 20-March 20.** You're presently in a very good cycle for fulfilling your desires and expectations, but good things can only happen if you believe in yourself.

♈ Aries **March 21-April 19.** Although initially you might not believe it, the odds are slanted in your favor. Even if you're delayed for a while, you'll take full advantage of the lull.

♉ Taurus **April 20-May 20.** Your powers of observation are extremely astute, so carefully observe a role model handle a situation similar to one you must take care of.

♊ Gemini **May 21-June 20.** For whatever reason, your dealings with male pals will be easier to handle than those with the ladies.

♋ Cancer **June 21-July 22.** The proof you've been looking for regarding the loyalty and/or support of your

associates will be made clear to you. ♌ Leo **July 23-Aug. 22.** Any sincere effort you put forth to protect a critical matter for another will work well, and it will also let others know that they had better not bother you.

♍ Virgo **Aug. 23-Sept. 22.** Someone who is in a position of power is apt to sense a kinship with you. She or he is likely to do something to help you without being asked.

♎ Libra **Sept. 23-Oct. 23.** Normally it isn't too smart to have too many irons in the fire simultaneously, but your case may be an exception.

♏ Scorpio **Oct. 24-Nov. 22.** It won't be because you'll be more forceful or assertive than usual that you'll have a greater impact on others.

♐ Sagittarius **Nov. 23-Dec. 21.** Don't be indifferent about situations that are running smoothly and producing good results for you.

♑ Capricorn **Dec. 22-Jan. 19.** Your ability to evaluate and utilize information so well is likely to be the envy of all your associates.

BERNICE BEDE OSOL

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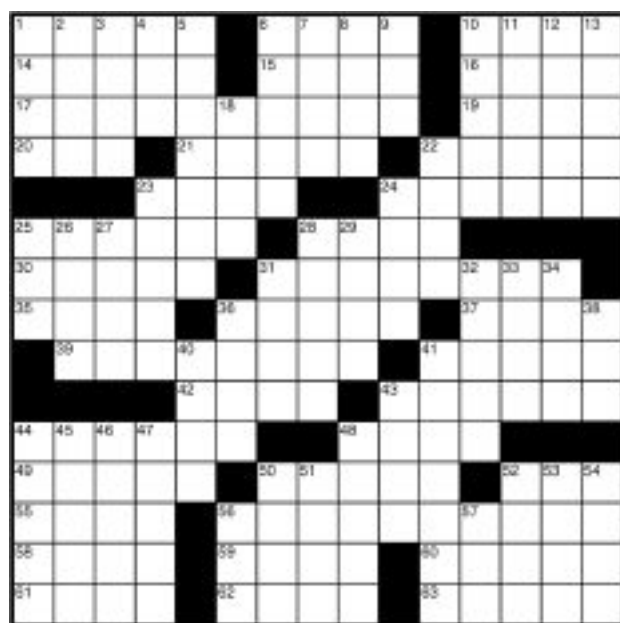
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## Across

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6 Envelope abbr.  
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14 Mover's rental (hyph.)  
15 Ta-ta in Turin  
16 Far East cuisine  
17 Three bears' visitor  
19 Tarzan's title  
20 Storm center  
21 Telegraph code  
22 Evita or Juan  
23 "Bird on a Wire" actress  
24 Ages, as cheese  
25 Goat noises  
28 Term paper abbr. (2 wds.)  
30 Film  
31 Transit user  
35 Hang on  
36 Eagle's nest  
37 Moon -- Zappa  
39 Beach sandal (hyph.)  
41 Correspond  
42 WWW addresses  
43 Fluttered, as lashes  
44 Arms position  
48 Duffers' goals  
49 Guys  
50 Danger signal  
52 Fresh  
55 Valhalla host  
56 Supernova remnant (2 wds.)  
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59 Gas or tel.  
60 Khartoum's land  
61 Is, in Segovia  
62 Rookie  
63 Gallup finding

## Down

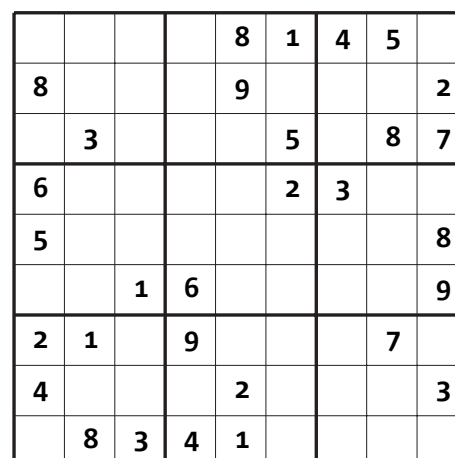
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2 Popeye's hi  
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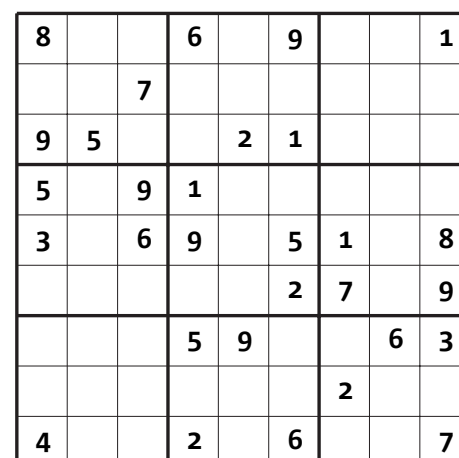
- 4 Belly dance instrument  
5 Prevailing mood  
6 Type of squash  
7 Tiny spasms  
8 -- a hike!  
9 Negatives  
10 Expensive  
11 Midwest airport  
12 Composer -- Copland  
13 Potters' ovens  
18 Stock market figures  
22 Heap  
23 Part of Hispaniola

- 24 Rhapsodize  
25 Luxury car  
26 Sit around  
27 Malicious  
28 Italian money  
29 Stumble  
31 Offer for money  
32 Round dwellings  
33 I'll get right -- --!  
34 Ceremony  
36 Certain hairdo  
38 Mr. Turner  
40 Dartboard locales  
41 Most summery

- 43 Silo companion  
44 Hacienda brick  
45 Accolades  
46 -- box  
47 Brainy club  
48 Picasso's name  
50 Dilettantish  
51 Cougar's pad  
52 Renoir subject  
53 Vivacity  
54 Fairy godmother's need  
56 Slice  
57 Prickly husk (var.)



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SUDOKU LEVEL: HARD

## Solution to weekend's crossword



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## Nicks says shoulder not a problem

Receiver Hakeem Nicks didn't practice on Friday and is listed as questionable with a sore shoulder. But he left little doubt he'll be playing Sunday.

"I expect to be full-go by [Wednesday's practice]," Nicks said. "I just want to give myself a couple extra days to try and get it back right and rehab it a little bit."

Nicks, who called the injury an AC joint sprain, hurt his shoulder early in the Giants' NFC championship game victory.

"It was painful," Nicks said. "I landed right on the AC joint that I injured a few times this season. I got it taken care of and by halftime I was cool. ... The shoulder is doing better, getting better day to day. It's still a little sore [but] once I start working it out throughout the day it loosens up a little bit."

● METRO/TW



► Ahmad Bradshaw may not be 100 percent, but he hopes to be a big part of the game plan after missing the first Patriots game.

# All hands on deck

- Giants happy to put in game plan with all of their offensive weapons
- Bradshaw ready to go ► Wants running game to be bigger part of attack

The Giants have all but wrapped up the significant parts of their game plan, with only loose ends to tie up before today's flight to Indianapolis.

When they go back to full-

bore practices on Wednesday they should have their full roster intact, a change from when they faced New England on Nov. 6.

"It's always nice to have all of your weapons anytime you

play a game," quarterback Eli Manning said. "Last time, we were missing Hakeem [Nicks] and Ahmad [Bradshaw] and [center David] Baas. Obviously, we've had a few guys out, but I think our game plan will be pretty similar."

Bradshaw said his foot is as good as it'll ever be and he has "no doubt" he'll be ready come Sunday. He practiced Friday, which followed the usual routine of him sitting out practices earlier in the week, so he can be fresh by week's end.

Bradshaw is looking for-

ward to being a bigger part of the game plan, especially since he thinks the Patriots might do everything they can to shut down Manning's aerial assault.

"Of course we want our running game to be spectacular every game [because] it makes it an easier game when our running game is clicking," Bradshaw said. "It'll be nice to have a couple weapons that we didn't have the first game. If we can go out and play our game, I think we'll be fine."

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**ABA SECURITY**  
No exp necessary. FT/PT Must be avail ASAP. Up to \$18.50/hr. \*\*\* Call HR 212-470-4046 \*\*\*

**IMMEDIATE OPENING SECURITY GUARDS**  
For Premiere Show Center In Midtown NYC. Show running from Jan 28th thru Feb. 2nd. Shifts Avail. 8a-4p, 4p-12m, 12m-8a. MUST BE NYS Lic'd Guard & Fire Guard Lic'd MUST BE F&A/Apply in person: Monday thru Friday 9:30-4p. Must bring valid DMV ID, S.S card, & Sec. Guard Lic. & Fire Guard Lic. Temp pos. could lead to Perm. McRoberts Protective Agency, Inc. Setting The Standard in Security Since 1876; 87 Nassau Street 2, 3, 4, 5, A, C, J, M To Broadway-Nassau/Fulton Street Station

**\* SECURITY OFFICERS \***  
Immed Hire, 300 Guards. Must be FIRE GUARD CERTIFIED, valid NYS security lic, apply in person: 247 West 35th St, 5th Floor, NYC M-F 9-3pm

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Front desk lobby agents needed. Paying \$12-\$18/hr. No exp nec. Will train. Call 718-650-2587 or 212-470-3522

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**Field Interviewer - Social Research**  
Do you have an interest in social research and conducting in-home interviews? The University of Michigan has part-time, temporary employment opportunities for field interviewers in New York City, and Nassau/Suffolk Counties, NY area. You'll need to be available to work 30 flexible hrs/week primarily during weekend days and evening hours. Pay rate for the NYC and Long Island areas is \$17.00/hr; higher rates may be possible for those with in-person data collection interviewing experience and/or bilingual in English/Spanish. You will be technically trained on how to conduct interviews in households with adults. For qualifications, requirements, job information and how to apply, go to our website TODAY at: [research.umich.edu](http://research.umich.edu). The University of Michigan is an affirmative action/equal opportunity employer.

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EO/AAE

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**Deli Counter Person - F/T Days**  
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**DIESEL & GASOLINE MECHANICS**  
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**DISPATCHER / TERMINAL MANAGER**  
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**Dispatcher / Terminal Manager**  
for School Bus company. Send resume to 718-739-3898

**DRIVER - TRACTOR TRAILER**  
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### General Help Wanted

**HANDYMAN (F) WANTED**  
Driver license a must, job located in so. Brooklyn, NY. Please fax resume to: 732-332-9191.

**INSIDE SALES - F/T**  
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**MEAT DEPT POSITIONS**  
At Foodtown for Butchers & Meat Wrappers in Bronx, Bklyn & Queens. Please fax employment history & all contact info: 914-667-4929.

**PLUMBERS- 6 years exp.**  
Helpers, 1 year exp. Drivers lic. req'd. Bklyn shop. Fax resume to: 718-252-0881 or call 718-252-3813

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**8hr + 16 OUT = \$100 Ann = \$40**  
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## Notices

### Public Notices

**Public Notice NOTICE IS**  
HEREBY GIVEN, PURSUANT TO LAW, that the NYC Dept. of Consumer Affairs will hold a public hearing on Wed., Feb. 15, 12 at 2p.m., at 66 John St., 11Fl, on a petition from MXCO Cafe, LLC to continue to, maintain, and operate on unenclosed sidewalk cafe at 1491 2nd Ave. in the Borough of Manhattan for a term of 2 years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DCA, ATTN: FOIL OFFICER, 42 B'WAY, NY, NY 10004

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**FURNITURE FOR SALE**  
On Saturday, January 28, 2012 at 10:00 am at Metropolitan Pavilion, 125 W 18th St., # 804, New York, NY 10011. Furniture of Ann Cravin will be sold at private sale at prevailing prices as will satisfy the warehouse lien of White Glove Transportation Inc. on the following items: Trunk, 2 Sofas, 2 Chairs, 12 Chairs, 2 Ottomans, 5 Vitrines, 2 Bars, Chest, End Table, Wardrobe, Armoire & Table.

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### Miscellaneous

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### Miscellaneous

Get your hair colored for FREE! (P&G/Clairor R&D Salon) Ladies 18-40 register at 30 Rockefeller plaza, 1250 6th. ave between 49th and 50th lobby level. Tuesday- Friday between 9am-12pm & 1-4pm

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## Legal Notices

NOTICE IS HEREBY GIVEN that a license, serial # 1260393, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 477 5th Ave., Brooklyn, NY 11215. Kings County, for on premise consumption. Snowday LLC.

NOTICE IS HEREBY GIVEN that a license, serial # 1257807, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 13-46 127th St., College Point, NY 11356. Queens County. For on premise consumption. Baby Rays Steak and Seafood Grill LLC.

NOTICE IS HEREBY GIVEN that a license, serial # 1260665, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 37-66 74th Street, Jackson Heights, NY 11372. For on premise consumption. Ratna & Sons Inc.

NOTICE IS HEREBY GIVEN that a license, serial # 1260096, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 29-18 Union St., Flushing, NY 11354. For on premise consumption. Jo Mihwa d/b/a Noodles & Flowers.

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**“25 to Watch, 2011”** *Dance Magazine* on Huang Yi

**“Architectural precision...”** *Taipei Times* on Cheng Tsung-lung

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*The New York Times* on Bulareyaung Pagarlava

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